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i never expected to become an author but faced with learning to live a new life i wrote how to be sick a buddhist inspired guide for the chronically ill and their caregivers truth be told i began it as a manual for myself but when i shared parts of it with others they encouraged me to turn it into a book

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by chris jeffrey md it s not uncommon for adult children to become caregivers for their aging parents or spouses caring for one another being a caregiver is not always an easy or rewarding job regardless of your circumstances being the best caregiver while maintaining your needs is the key to your success

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according to a september 2022 report by the national alliance for caregiving nac and the national association of chronic disease directors chronic disease family caregiving through a public health lens there are 53 million family caregivers in america that s nearly one i five families

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